





The real thing

DR TRACY CHANDLER, WHO RUNS AN INTEGRATIVE MEDICINE PRACTICE, SAYS WHOLEFOODS ARE THE WAY TO GO

One look at the ingredients label of most processed foods reveals a mind-boggling list of ingredients – but how healthy are those ingredients?

A processed food is any food that has been altered in some way during preparation. Not all processed foods are unhealthy (eg frozen peas), but most of them usually contain excess salt, sugar, fat and artificial ingredients. The processing can be mechanical such as freezing or baking, or chemical, such as the inclusion of artificial additives.

There are a number of ingredients in processed food that have been shown to have adverse effects on our health. Food colourings have been linked to hyperactivity; artificial sweeteners have been linked to metabolic changes that could lead to diabetes and obesity; and nitrates and nitrites, which are used to preserve, colour and flavour processed meats, have been classified by the World Health Organisation (WHO) as probable cancer-causing agents. For your health and our planet's sake, it's best to only eat real, whole, unprocessed, organic foods. The easiest way to do this is to eat seasonal foods that are as close to nature as possible. In addition, these foods are more easily compostable and so allow us to naturally recycle their goodness back into the earth and into the next crop of food.

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GOOD, CLEAN FUN

WENDYL NISSEN SHARES NATURAL WAYS TO MAKE YOUR HOUSE, LINEN AND CLOTHING SPARKLE



Lemon & sunshine stain remover

For spot stain removal

Lemon juice | **Salt**

Squeeze lemon juice onto the stain and then rub in some salt. Place the item on some grass in direct sunlight for as long as you can, then wash as normal. Your stain should have gone – if not, repeat until it has.

Shower cleaner

500ml water | **500ml white vinegar**

In a 1-litre spray bottle, mix together the water and white vinegar. Spray on shower doors or anywhere there is soap scum and leave for 5 minutes, then wipe off. If there is a lot of build-up you can use straight vinegar combined with plenty of scrubbing.

Wooden floor polish

2 tsp jojoba oil | **1 cup cider vinegar**

Mix the ingredients together and apply with a rag to polish the floor.



Extracted from *The Natural Home: Tips, Ideas & Recipes for a Sustainable Life* by Wendyl Nissen. Published by Allen & Unwin, \$39.99.

Chemical free